TOMAHAWK

PRE-DEPLOYMENT FAMILY READINESS

AGENDA

WELCOME AND INTRODUCTIONS (LTC NORRIS)

VOLUNTEER RECOGNITION/ARMY VOLUNTEER CORP

ROAD TO DEPLOYMENT (LTC NORRIS)

BUILDING STRONG AND READY FAMILIES (LTC SCHLOSSER)

MWR AND ACS

MRS. PAT SHEPARD - Director, MWR Fort Richardson

MRS. DEBRAH HOPPER - Director, Child and Youth Services

MRS. JACKIE LESEMAN - Director, Outdoor Recreation

MR. MARVIN DICKERSON - Director, Army Community Services

SHENA JONES - Elmendorf AFB MWR Marketing

MRS. JENNY PETERSON – Army One Source

RESOURCES

QUESTIONS?

TOMAHAWK VOLUNTEER RECOGNITION

Army Volunteer Corps

FRG Pre-Deployment Training

FAMILY READINESS PRE –DEPLOYMENT TRAINING

PURPOSE: To educate and inform our Tomahawk families on the deployment of a military family member. By anticipating the and planning ahead for future challenges, families understand how to access supporting agencies (ie: ACS, MWR-Outdoor Recreation) and other assistance thus ensuring family readiness.

CONCEPT OF THE OPERATION

“How are we going to do this and why are we here tonight?”

Through a monthly series of “information exchanges” on specific subjects. Each “meeting” will cover and focus on a specific pre-deployment topic.

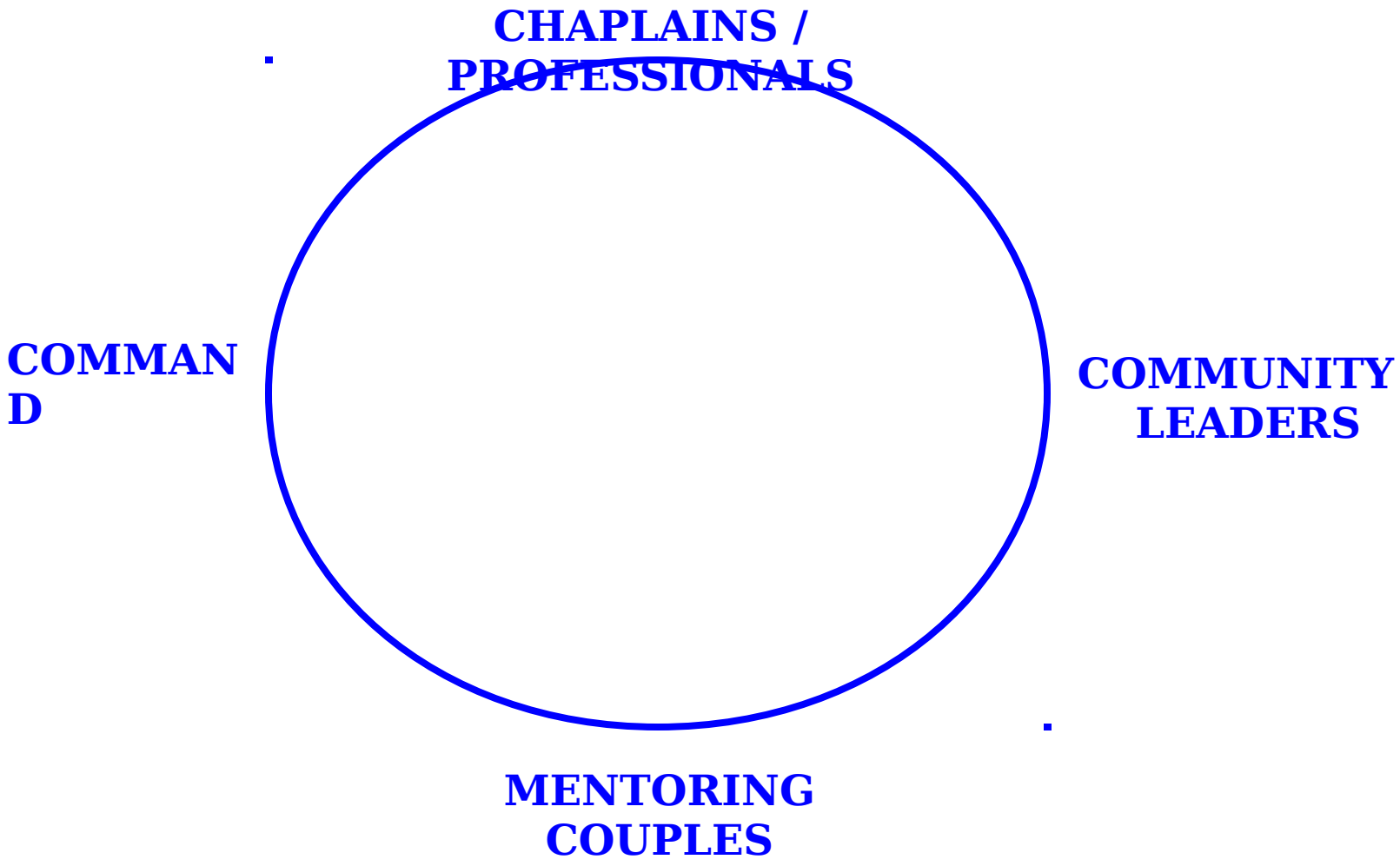
EVERY MINUTE COUNTS

JUL - COMMUNITY ACTIVITIES, RESOURCES
AUG - EMERGENCIES, Casualty, Medical
SEP - SURVIVING ALASKA, WINTER AWARENESS
OCT - STRESS MGT, Effects on Family
NOV - FINANCE MANAGEMENT
DEC - No Training
JAN - LEGAL/ADMINISTRATIVE
FEB - REAR-D OPERATIONS, SAFETY,
SECURITYHOUSING POLICIES

BUILDING STRONG AND READY FAMILIES

FORT RICHARDSON , ALASKA

CREATING A CARING COMMUNITY OF COUPLES



BSRF

CREATING A CARING COMMUNITY OF COUPLES

COLLABORATION

COHESION

MUTUAL SUPPORT

COMMON PURPOSE

TRUST

SAFETY

WILLINGNESS TO SEEK HELP

CONCEPT

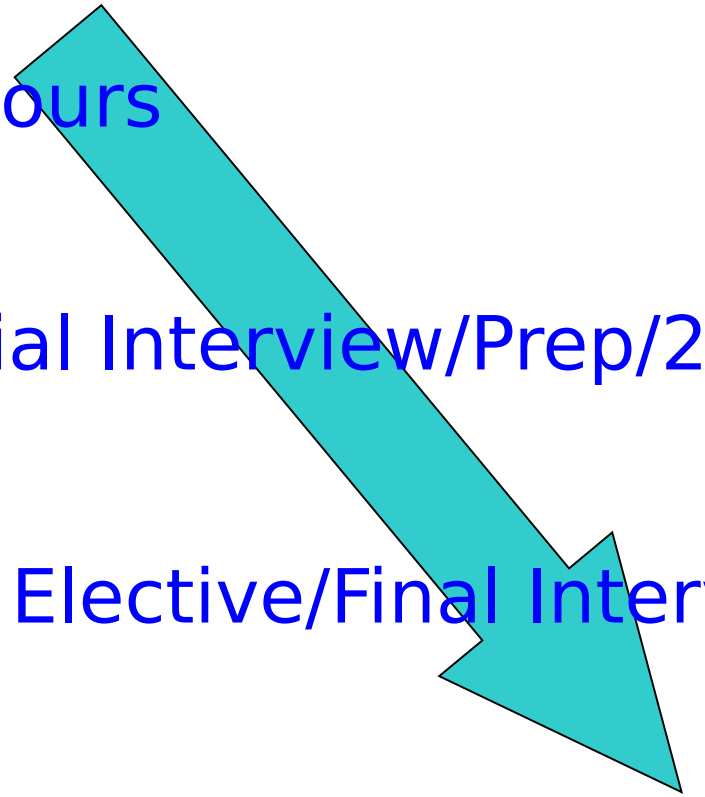
***BSRF* - A community based prevention program of marital skill training to strengthen individual and couple well being**

Sponsored by the Ft. Richardson Chaplains and ACS/Family Advocacy Program

GOALS

- **Positive Proactive -vs- Reactive Punitive**
- **Strengthens Relationship Resilience**
- **Saves Resources**
- **Increases Readiness, Retention and Recruitment**

BSRF SUMMARY



AFTB/9 Hours

Initial Interview/Prep/25 Hours

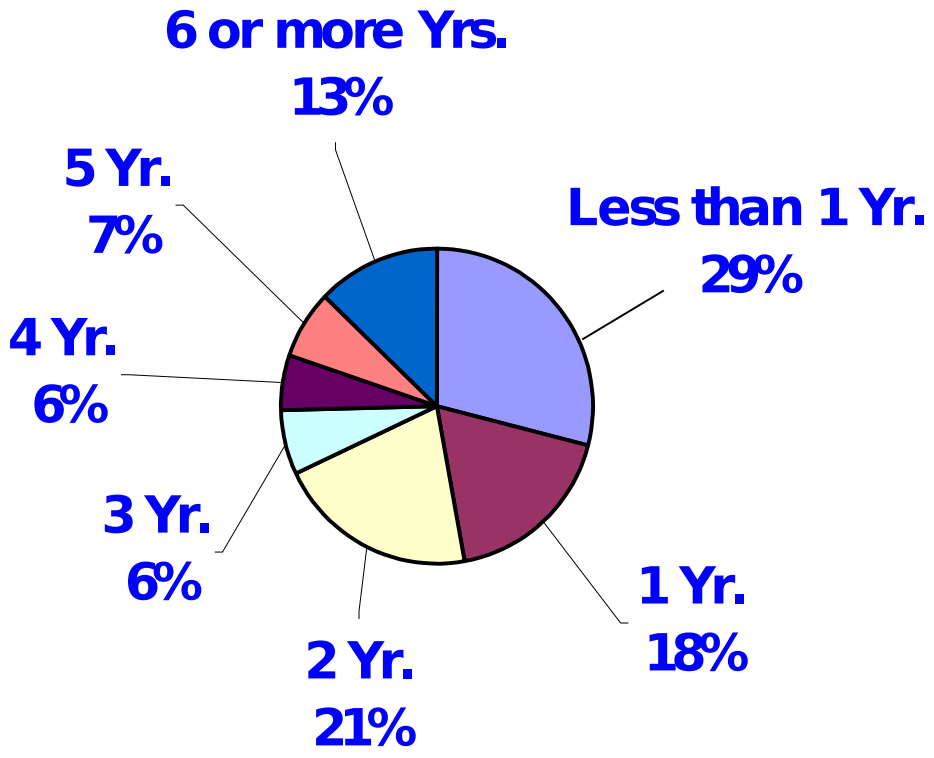
Elective/Final Interview/6 Hours

40 Hours/4 Points

IMPACT ON TRAINING

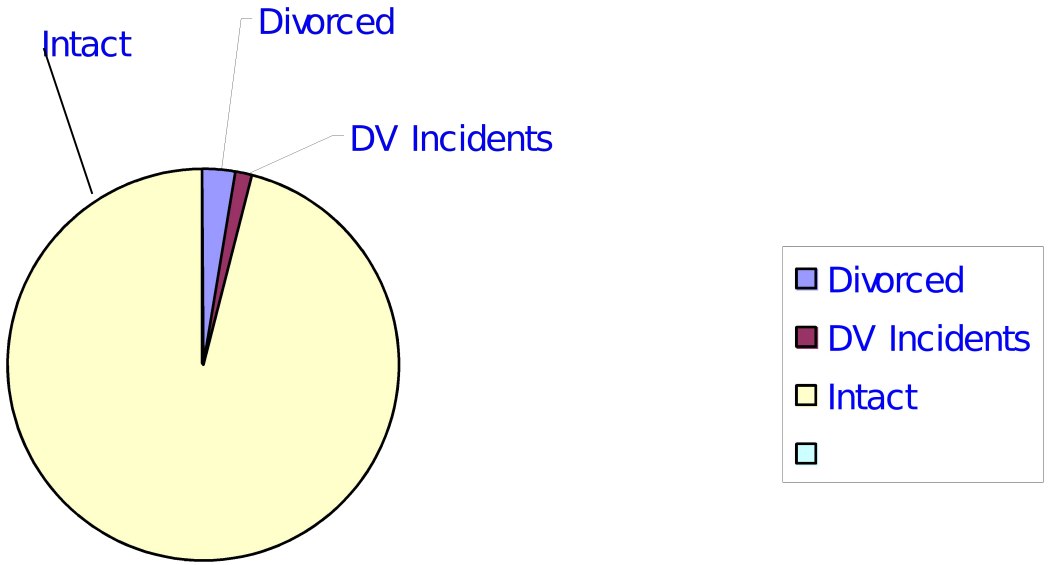
- **PRE-DEPARTURE: FRIDAY (ONE WEEK BEFORE WEEKEND AT SEWARD)**
- PREP on the Weekend
  - SEWARD RESORT (FRIDAY-SUNDAY)
  - DAYCARE IS PROVIDED
  - MEALS ARE PROVIDED
  - ROOMS AND CURRICULUM PROVIDED

Percentage of the 188 Couples by Number of Years Married



BSRF/PREP FY01-02 IMPACT

TOTAL PARTICIPANTS 188 COUPLES



INFORMATION / FACT SHEET ON PREP/BSRF AT FORT RICHARDSON, ALASKA

BACKGROUND: Starting in 1996 with a collaborative effort between the Fort Richardson Chaplains and the ACS-Family Advocacy Program , PREP marriage enrichment weekends were begun. From 1996 till 2001 when BSRF began, a total of 416 couples had completed the program consisting mainly of three days offsite retreats at the Seward Army Recreation Camp in Seward, Alaska. Since the summer of 2001 when we implemented BSRF, we have conducted 16 iterations at Fort Richardson to the Seward Camp with a total of 208 couples. At Fort Richardson, only in the last three years have we dropped below the DOD Benchmark in both domestic violence and child abuse. We have tracked the couples who have completed PREP/BSRF while still stationed at Fort Richardson for Domestic violence, Divorce and ERODs (Early Return of Dependents).

INFORMATION / FACT SHEET ON PREP/BSRF AT FORT RICHARDSON, ALASKA

DEMOGRAPHICS: Of the over 400 couples which have completed the PREP/ BSRF program, over 77% indicated significant "At Risk" factors in the intake surveys. Over 70% of the couples had been married less than two years. In tracking the couples after completing the program prior to PCS from Fort Richardson, the research indicated only two couples of all the graduates had a domestic violence incident in 2001. Both couples who did have a DV incident had been married less than one year and had prior history of DV already in the relationship. This translates to .76 per 1000 versus 10.8 per 1000 for the rest of Ft. Richardson population.

Those program graduates who experienced Divorce or EROD was at 4% or 16 couples of the over 400. All 16 couples had been married over 6 years and had no prior marital enrichment experience. This is clearly below the national average for divorce of upwards of 40% for this same age group. Based on counseling experience I would say the Army divorce average is somewhat less than 40% but nowhere approaching 4%. These results of PREP/BSRF graduates seems to track closely with the PREP

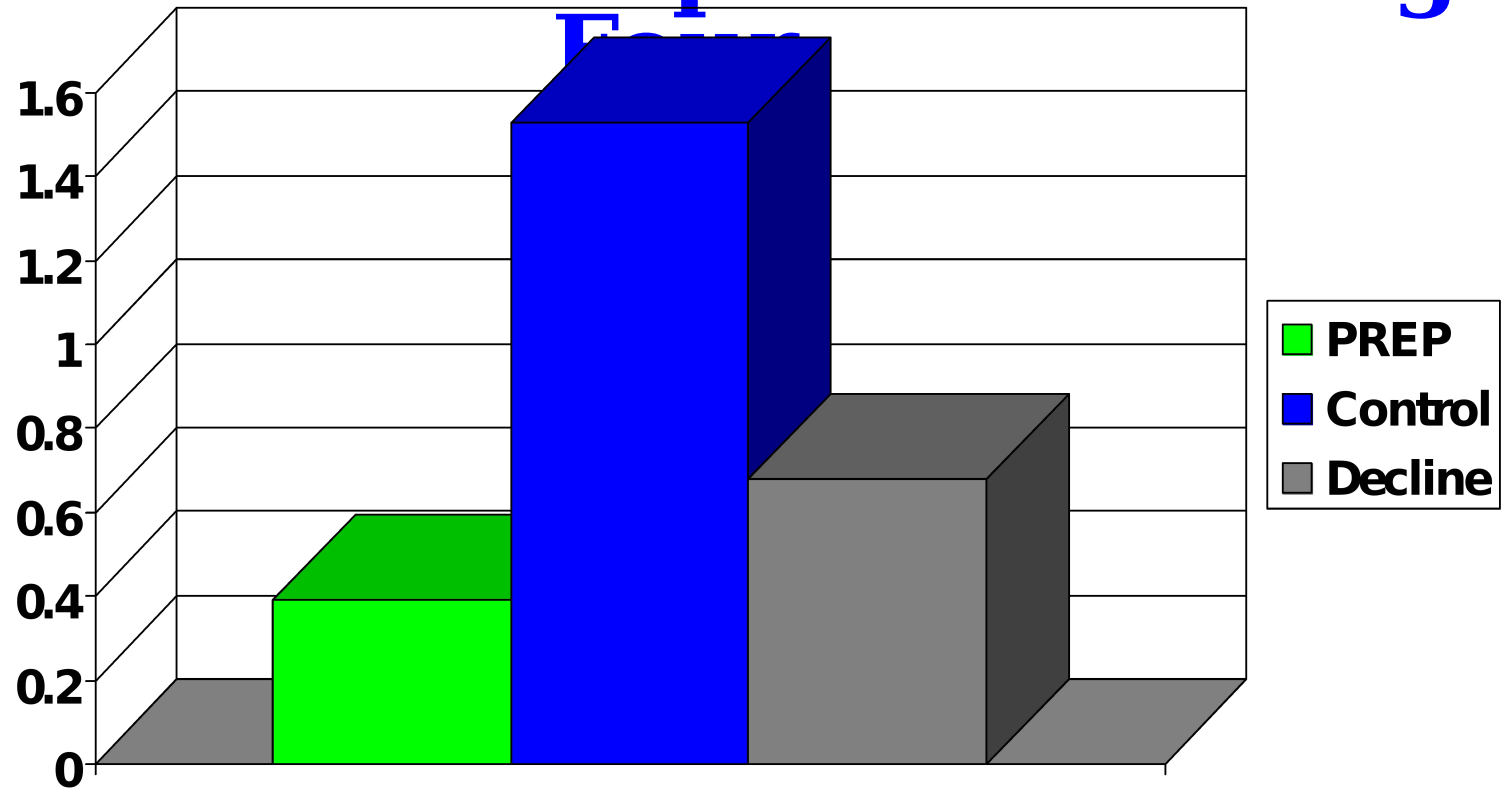
INFORMATION / FACT SHEET ON PREP/BSRF AT FORT RICHARDSON, ALASKA

PROGRAM BENEFITS: When the cost of treating a Army Domestic Violence case and Child Abuse case is compared with the program cost of BSRF, the comparison is stunning. Estimates by leading Army Family Advocacy program administrators show that the cost of treating the average domestic violence case in the Army is somewhere in the $15,000-$20,000 range. This is made up of hours lost by the soldier attending mandatory classes in Anger Management etc. It also involves the hours of case workers researching the case and presenting to the CRC plus the hours of the professionals conducting the treatment classes. Also involved are the hours of the counselors which work with the couple individually and as a couple. A child abuse case is estimated at up to $30,000. Our analysis here at Fort Richardson shows we can run a couple through the BSRF program for about $800. This involves materials, lodging, food, and childcare plus the time of the presenters. It therefore seems much more cost effective to do the Proactive work to prevent DV, Divorce, and abuse than the reactive work of treatment and damage control after abuse

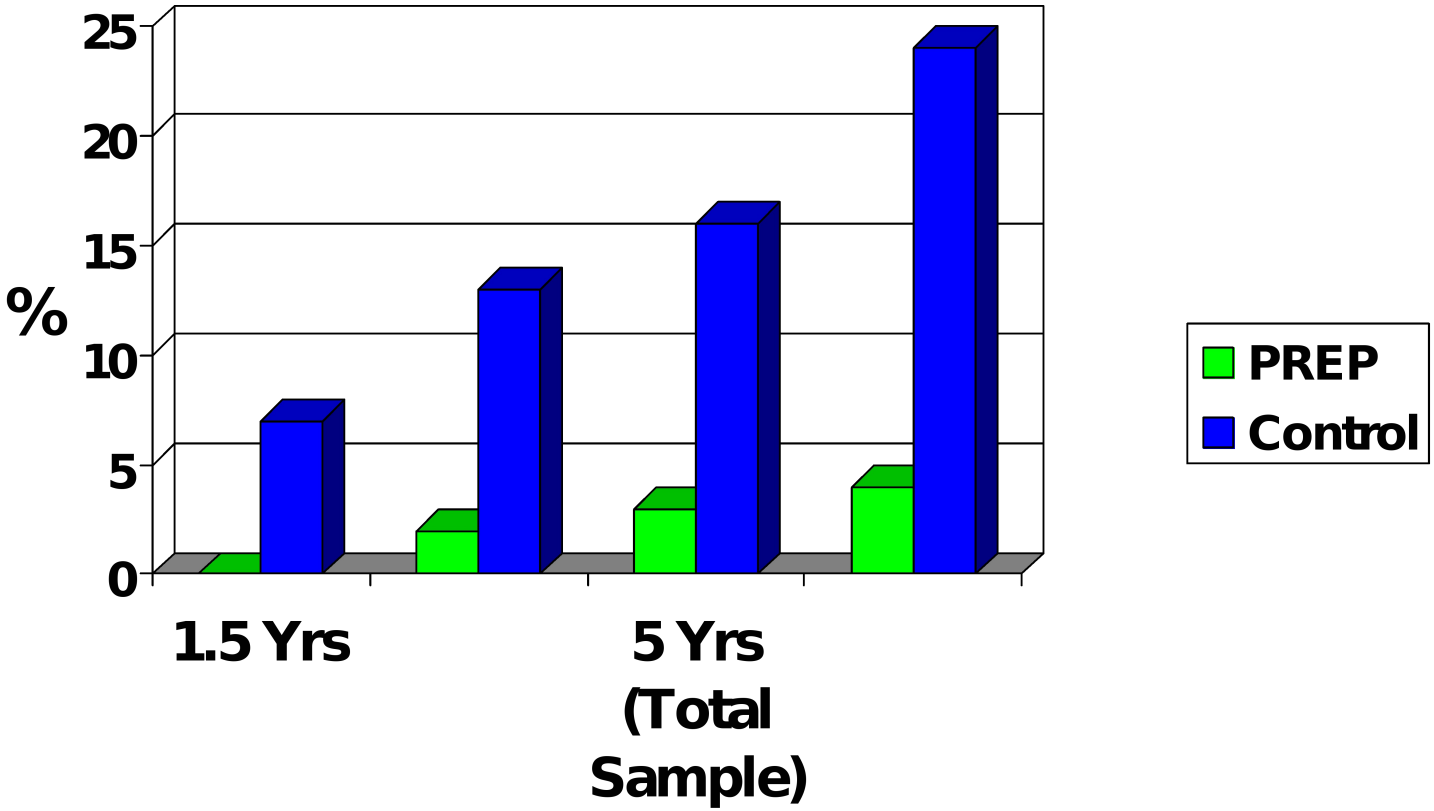
Total Break-Up: Premarital Break-Up, Marital Separation, & Divorce

Mean Level of Physical Aggression

Across Follow Ups Two Through Four



Germany Study: Percent Divorced



Fort Richardson Presents..

Building Strong and Ready Families

†27-29 September 2004 & for BSRF are:
October 2004
Life Center 384-5433

Chapel 384-1461
†Held at Seward Army Camp
Chaplain 384-3558

†No cost (food and daycare provided)

†Pre-Departure Phases II will be held on 20 Feb. 2004 & 23 Apr. 2004
From 0900-1700 (ATTENDANCE IS REQUIRED FOR SEWARD RETREAT)

†POCs
Family
Garrison
4-23 IN

†Worth 4 Promotion Points!

†Improve your marriage or help maintain an already healthy one

BUILDING STRONG AND READY FAMILIES

Ft. Richardson, Alaska

Morale, Welfare, and Recreation

Enjoy Summer & Fall
with MWR

Pat Shepherd, Director, MWR FRA, 384-2053

Fort Richardson (FRA)
Morale, Welfare & Recreation (MWR)

- **Army Community Service (ACS) includes Army Emergency Relief (AER), Women Infant Children (WIC) Program, and Red Cross, BLDG 600, 384-1517**
- **Child and Youth Services, BLDGs 6, 337, 297, 600, 384-7483**
- **Outdoor Recreation, BLDG 794, 384-1475**
- **Skeet Range, BLDG 45100 (off Richardson Drive), 384-1480**
- **Auto, Arts, and Crafts, BLDG 755, 384-3717**
- **Buckner Physical Fitness Center, BLDG 690, 384-1309**
- **Down Under Lounge, BLDG 655, 384-7619**
- **Moose Run Golf Course, across the Glenn Highway and up the hill, 428-0056**

MWR: Your Fun, Fitness, and Assistance Team

Army Community Service

All programs are free.

- **Spouse's Day Out Free Crafts - 2nd & 4th Tuesday each month, 10 am - noon; children welcome**
- **Pooh's Play Group - Mon & Fri, 9:30-11 am, BLDG 337, for infants-age five and their parent(s)**
- **Aqua Play - Wed, 10:30 am - noon, Fitness Center Pool for infants-age five and their parent(s)**
- **English as a Second Language (ESL) Classes - Every Wed & Thurs, Ed Center, Bldg 658, Rm 2**
- **Also assistance and classes on employment, finances, special needs, volunteering, parenting, and relocation**
- **If you missed Newcomers, attend and catch up.**

CYS

Central Registration (BLDG 600) is the CYS starting point for all registration and information, 384-7483

- **Preschool Summer Camp each week through 20 Aug; register for one week at a time (BLDG 337)**
- **Preschool and Toddler Time begin in September**
- **Hourly care by reservation (BLDG 337)**
- **Back to school orientations at Bartlett and Central; 25 Aug from 10:00-12:30 and 27 Aug from 12:00-2:30**
- **Full day care in BLDG 6 and family child care homes**
- **School Age Services (SAS) for before or after school *SAS is open on Saturday, 10 am – 4 pm* (BLDG 337)**
- **September 17 - Parent's Night Out, $14 per child, 5:30-9:30 pm**
- **Special openings available & free teen sitter classes**

Youth Services (YS) BLDG 297

Just for Teens

- **August 1 – BGCA National Kids Day, free picnic at Otter Lake, 11 am**
- **August 2-6 – OAP Backpacking Trip**
- **August 4 – Teen Party, 3 – 7 pm**
- **August 9-13 – OAP River Camping Trip**
- **August 15-September 15 - Basketball Registration**
- **August 15-September 15 - Cheerleader Registration**
- **August 20 – Free AFE Magic Show, YS Bldg 297, 6 pm**
- **August 26 – Teen State Fair Field Trip, 10 am**
- **September 10 – Back to School Teen Party, 7 pm**
- **September 11 – OAP Raft Trip**
- **September 17 – OAP End of Summer Bash**

Fall hours effective September 7: Monday-Thursday: 2:30-8 pm, Friday: 3-11 pm, Saturday: noon – 8 pm

Free Family Magic Show

- **Friday, August 20, 6pm**
- **Youth Center (Bldg 297),**

- **Free hot dogs and drinks**

Open to the Community!
Bring a Friend!

Outdoor Recreation
BLDG 794 (384-1475)

Summer Fun…

- **Otter Lake Boat Rental & Snack Bar, 11 am – 7 pm, 7 days a week**
- **Free Scanoe Race – August 7**
- **Spouses Silver Fishing Trip – August 13**
- **Silver Fishing Trip – August 14**
- **Hatcher Pass/Independence Mine Tour & Picnic – August 28**
- **Free Paddle Boat Race – August 28**
- **Kayak Lessons – September 7 & 10**
- **Otter Lake Boat Rental Closed September 12 for the Season**
- **Trail River Fishing Trip – September 14**

Other Services…

- **Recreation Equipment Issue (REI)**
- **RV Storage Lots**
- **Black Spruce Campground**

Have your next party at Otter Lake Lodge

Outdoor Recreation
BLDG 794 (384-1475)

Winter Fun…

- **Dyea Ski Hill, 2:00-3:00 pm, for youth & adults:**
  --Free Inner Tube Races, 13 Nov, 4 Dec, 8 Jan, 5 Feb, 12 Mar
  --Free Snow Board Races, 20 Nov, 11 Dec, 15 Jan, 12 Feb
  --Free Slalom Races, 27 Nov, 18 Dec, 22 Jan, 19 Feb, 19 Mar (Youth 1:00-2:00pm & Adults 2:00-3:00pm)
- **Snowmachine Lessons, 9 Nov, 7 Dec, 11 Jan, 8 Feb, 1 Mar**
- **Alyeska Ski Trip, 19 Nov, 10 Dec, 28 Jan, 25 Feb, $50 (includes ski rental, lift ticket, ski instruction, transportation)**
- **Guided Snowmachine Tours, 17 Nov, 1 Dec, 15 Dec, 5 & 19 Jan, 2 Feb, 9 Mar, 11 Mar on Big Lake**
- **Otter Lake Ice Fishing Derby, 17 Jan, 21 Feb, 11:00am**
- **Mar 5 - Winter Family Carnival at Dyea Ski, 11-4pm**

Have your next party at Otter Lake Lodge

Rent winter gear including snowmachines, trailers, skis, snow shoes, poles, snowboards & ice fishing equipment.

Down Under Lounge

BLDG 655 (384-7619 or 1475)

- **All adults (over 18 years of age) are welcome**
- **Must be 21 years of age to consume alcohol**
- **Hours & Days of Operation: Friday 3pm-3am**
  Saturday 8pm-3am
- **Leader's Call, 3:30 pm, August 20, September 17, and October 15**
- **October 1 – Free Comedy Show "Comedy Duo", 9 pm**
- **Free Saturday night movies, 8 pm**
- **Arcade games, pool, and darts**
- **Available for special parties and events**

Auto, Arts, & Crafts

- **Auto-IM Tests, Chip Repair, Welding, Change Tires & Oil, Flush Services, Consulting,**
- **Frame-Mat, frame, computerized matting, engraving**
- **Ceramics- Pouring, Pottery, Firing, Air Brush, Glaze, Antique, Bronze, Paint, Stained Glass**
- **Wood-Repair, build, purchase**
- **Open Thurs & Fri 1200-9:00pm; Sat & Sun 1000-7:30pm**

Skeet Range

- **Learn to shoot & reload**
- **Rental guns and free safety equipment provided**
- **Try the new five stand sporting clays**
- **Open Wed 4-9 pm; Thurs & Fri 11am-7pm; Sat & Sun 11am- 4pm**

Buckner Physical Fitness Center

- July – Sept – Flag Football
- August 31 – September 2 – Post Golf Tournament
- August 20, September 24 - Free Pool Parties, 7 pm
- September 7 – Kayak Lessons
- September 11 – Free AFE “WWA Wrestling Matches” 1400
- September 17 – Last Combat Cross Country Race
- Oct – Feb – Pool & Darts (held at Downunder)
- October 5 – Wrestling Meet
- October 7-19 – Pre-Season Intramural Basketball
- October 20-Feb 18 – Intramural Basketball
- October 22-Apr 8 – Intramural Indoor Soccer
- October 28 – Post Swim Meet
- Cycling, Massage Therapy, Karate, Yoga, Water Aerobics, Swim Lessons
- Classes on Fitness with Fitness Trainers, Strength Training, Weight Management
- Tanning
- Open Mon-Fri 0530-2200; Sat, Sun, & Holidays 0900-1900

Moose Run Golf Course
(Across the Glenn Highway & Up the Hill)

- **The World's Northernmost 36-Hole Golf Course**
  One Driving Range,
  Two Chipping Ranges
  Three Practice Putting Greens
- **Golf Cars, Pull Carts, and Clubs for Rent**
- **Snack Bar with a Million Dollar View**
- **Golf Lessons Available**
- **Open 7 days a week during the Golf Season**
  Mon-Fri 700am-900pm
  Sat & Sun 600am-900pm
- **Call 428-0056 for further information**
- **Sliding scale fees based on rank**
- **Soldiers have priority on tee times**

How Can I Find Out About MWR Activities?

Web & eMail:

- **MWR Web *What's Hot* http://www.usarak.army.mil/framwr/whatshot.htm and *Moose Sentinel* http://www.usarak.army.mil/framwr**
- **Weekly eZine (Email magazine) on upcoming monthly events with special eZine reminders on big events**
- **Commissary Web eNews: http:www.commissaries.com/stores/html/store.cfm?dodaac=HQCWGD&page=news**

Publications:

- **Weekly: *Alaska Post* (Friday) in Fort Richardson Compass Section, *Alaska Military Weekly* (Thursday), *Weekly Bulletin***
- **Monthly/Bimonthly: *Moose Sentinel* (Delivered to Housing & Key Locations)**

Who You “Gunna” Call?

Marv Jackson (ACS, 384-0272) is your central POC for any question or information you need about anything. Marv is the ACS Ghostbuster!

Any ACS staff member, 384-1517.

Any MWR program director or Pat Shepherd, 384-2053, for any special programs you would like to arrange. We will be happy to put something special together for one or many—just ask us!

Army Community Service (ACS)

MISSION

Strengthen military and family readiness by providing effective individual and family community support services, quality volunteer opportunities, responsive crisis intervention, and proactive prevention and education programs to the Fort Richardson military, civilian, and retiree community

METL

- **Build unit readiness by strengthening personal and family preparedness.**
- **Provide early identification and proactive assistance to Soldiers, families, civilian employees and retirees.**
- **Foster a sense of active volunteerism community-wide.**
- **Strengthen ACS services through inter-service and community partnerships.**

ACS Director: Marvin Dickerson, 384-1502, Room A114, Building 600

Mission Readiness is individual and family readiness….

Army Community Service (ACS)

- Director Marvin Dickerson 384-1502 / 7804
- I & R Specialist (front desk) Anthony Black 384-1518 / 1517
- Family Readiness Karen Conrad 384-6736 / 0113
- Mobilization and Deployment Karen Conrad 384-6736 / 0113
- Deployment Specialist Jenny Peterson 384-0503 / 0297
- Deployment Specialist Christy Butler 384-0297 / 0503
- Army Family Team Building Ilka Becker 384-1513
- Army Family Action Plan Ilka Becker 384-1513
- Relocation Readiness Tony Sepulveda 384-1515 / 7485
- Relocation Specialist Kimberly Goff 384-7485 / 1515
- Information and Referral Marvin Jackson 384-0272 / 1517
- Employment Readiness John Doak 384-6716 / 0110
- Army Volunteer Corps John Doak 384-6716 / 0110
- Exceptional Family Members Tammie Adair 384-0225
- Army Emergency Relief (AER) SFC Sue Arcia-Collins 384-7478
- Financial Readiness Elaine Holloway 384-7509 / 0325
- Family Advocacy Program Leona Rader 384-1006 /

Information, Referral, and Follow-up Program (I&R)

MISSION

- Provide information about Fort Richardson and community resources
- Assess Soldiers' and families' issues and concerns
- Refer clients to appropriate agencies and services and follow up

HOW I&R CAN HELP

- Improve Soldier readiness along with family readiness
- Help families connect with community
- Enhance Army leadership goals
- Resolve issues that could potentially put families at risk

HOW YOU CAN HELP I&R

- Refer Soldiers to I&R who have unresolved questions and/or problems
- Work closely with I&R to address and solve Soldier and family issues

POC: Marvin Jackson, 384-0272 / 1517

Marvin Jackson/APVR-RCA-CFA/marvin.jackson@richardson.army.mil/DSN 317-384-1517

as of 15 July 2004

Information, Referral, and Follow-up Program (I&R)

- **Assess issues and concerns of Soldiers and families**
- **Refer to post and community resources**
- **Provide command consultation and assistance**
- **Provide Outreach: Spouses Day Out, Pooh's Play Group, Nutrition Education, other classes on request**
- **Follow-up to insure problem is resolved**
- **Resource Center - *"GHOST BUSTER!"***

POC: Marvin Jackson, 384-0272 / 1517

Army Family Team Building (AFTB)

MISSION

- Train America's Army Family in the knowledge, skills, and behaviors designed to move them successfully into the future

HOW AFTB CAN HELP YOU

- Help Soldiers concentrate on Army mission
- Reinforce Army values
- Enhance Army leadership goals
- Develop realistic expectations, resulting in less frustration and confusion
- Serve as combat multiplier and readiness enhancer

HOW YOU CAN HELP AFTB

- Spread the word
- Encourage participation

POC Ilka Becker, 384-1513

ARMY FAMILY ACTION PLAN (AFAP)

MISSION

- **Provide a forum to present issues and concerns of Army Soldiers, families, retirees, and DoD civilians to Army leadership**
- **Determine actions necessary to resolve issues. Assign responsibility to the Army agency at the proper organizational level**
- **Grass-roots effort that begins at Fort Richardson and continues through United States Army Alaska and United States Army Pacific to Department of the Army**

HOW AFAP CAN HELP YOU

- **Army quality of life improves through AFAP success stories: military savings plan, increased Group Life insurance, temporary living expenses authorized for first term service members**

HOW YOU CAN HELP AFAP

- **Inform Soldiers, families, and civilians of the process**
- **Select and refer candidates who wish to be a part of AFAP**

POC: Ilka Becker, 384-1513

Financial Readiness Program (FRP)

MISSION

- Assist Soldiers to avoid financial problems through prevention classes and individual planning assistance
- Provide Command better trained and ready Soldiers

COMMON AREAS OF CONCERN

- Help Soldiers build solid, personal, lifelong, financial foundations
- Help Soldiers become self-reliant, informed consumers

HOW FRP CAN HELP YOU

- Help Soldiers relieve and avoid financial and consumer stress to enhance mission orientation

HOW YOU CAN HELP FRP

- Build FRP awareness and send Soldiers when they need help
- Send Soldiers to mandatory Financial Readiness Training for First Term Soldiers and other FRP training (at your unit upon request)

POC: Elaine Holloway, 384-7509

Financial Readiness Program (FRP)

PROGRAM INITIATIVES

- Financial Readiness Training for First Term Soldiers classes (8 hrs)
- Consumer advocacy and complaint resolution
- Scam, fraud, and predatory lending awareness
- Individual financial counseling
- Thrift Savings Plan and investment education
- Debt consolidation and collection assistance
- Family Substance Supplemental Allowance (FSSA)
- Food Voucher Program
- Check writing refresher class
- Primary Leadership Development Course training for new leaders
- Financial assessment for early and advance return of dependents
- Unit and community briefings and classes as requested
- Budgeting and Personal Financial Management classes

POC: Elaine Holloway, 384-7509

Army Emergency Relief (AER)

MISSION

- Provide emergency financial assistance to eligible Soldiers, retirees, and their family members a no interest loan and/or a grant
- Provide commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers
- Conduct annual campaign

COMMON AREAS OF CONCERN

- Taking care of Soldiers with financial problems of an emergency nature

HOW AER CAN HELP YOU

- Help Soldiers and family members relieve financial stress to enhance mission orientation

HOW YOU CAN HELP AER

- Build AER awareness and send Soldiers to AER when they need help
- Maximize participation in the annual AER Campaign

POC : Sergeant First Class Sue Arcia-Collins, 384-7478 / 7509

Sergeant First Class Sue Arcia-Collins/APVR-RCA-CP/sue.arcia-collins@richardson.army.mil/DSN 317-384-1517

as of

Army Emergency Relief (AER)

Per regulation AER is authorized for emergency assistance (exceptions must be in writing and approved by chain of command to HQ AER)

Provide emergency assistance with:

- **Emergency Travel Expenses**
- **Non-receipt of Pay**
- **Lost or Stolen Funds**
- **Medical, Dental, and Hospital Expenses**
- **Essential Privately Owned Vehicle Repairs**
- **Food, Rent, and Utilities**
- **Funeral Expenses**
- **Clothing**
- **Fire or Other Disasters**

POC : Sergeant First Class Sue Arcia-Collins, 384-7478 / 7509

Employment Readiness Program (ERP)

MISSION

- Provide information and supportive services necessary to obtain *career enhancing* employment

COMMON AREAS OF CONCERN

- Soldier readiness and family success are affected by employment and career concerns of the military spouse

HOW ERP CAN HELP YOU

- Brief and train Soldiers and spouses on career planning, interviewing tips, and preparation of electronic formats
- Via partnerships with Civilian Personnel Advisory Center, State of Alaska, and Department of Labor to pinpoint jobs and career opportunities for Soldiers and families

HOW YOU CAN HELP ERP

- Refer job seekers; encourage their focus on careers not jobs

POC: John Doak, 384-6716 / 0110

ARMY VOLUNTEER CORPS PROGRAM

MISSION

- Commanders' point of contact for volunteer activities and initiatives
- Host Commanding General's annual volunteer recognition (April)

COMMON AREAS OF CONCERN

- Solid corps of volunteers and tracking system of volunteer accomplishments and hours of service

HOW THE ARMY VOLUNTEER CORPS COORDINATOR CAN HELP YOU

- Provide centralized bank of volunteer opportunities
- Receive and track volunteer hours for Fort Richardson

HOW YOU CAN HELP THE ARMY VOLUNTEER CORPS COORDINATOR

POC: John Doak, 384-6716 / 0110

- Encourage all unit volunteers to register and report their hours
- Refer potential volunteers

EXCEPTIONAL FAMILY MEMBER (EFMP)

MISSION

- Provide medical, educational, housing, community, and personnel support and services to families with special needs.

COMMON CONCERNS

- Command sponsorship to ensure needs met at arrival
- Family members with special needs not identified and enrolled

HOW EFMP CAN HELP YOU

- Link EFMPs to post and community services
- Provide unit briefings
- Advocate for the client and family

HOW YOU CAN HELP EFMP

- Sponsorship
- Identify families with special needs
- Ensure Soldiers enroll in EFMP

POC: Tammie Adair, 384-0225

Tammie Adair/APVR-RCA-CFA/tammie.adair@richardson.army.mil/DSN 317-384-1517

as of 15 July 2004

Relocation Readiness Program (RRP)

MISSION:

- Provide information and support services to deliver relocation services and to make everyone feel welcome

COMMON AREAS OF CONCERN

- Provide high quality relocation services

HOW RRP CAN HELP YOU

- Meet all newcomers thrice per week at in-processing center
- Accurate, timely information on issues related to relocation

HOW YOU CAN HELP RRP

- Send in- and out-processing Soldiers to RRP in a timely manner
- Send Soldiers to RRP for sponsorship training

POC: Tony Sepulveda, 384-1515

Tony Sepulveda/APVR-RCA-CFA/tony.sepulveda@richardson.army.mil/DSN 317-384-1517

as of

Relocation Readiness Program (RRP)

SPONSORSHIP TRAINING

- Mandatory attendance for Soldiers assigned as sponsors
- Third Friday, 1300-1500, ACS, room A18, building 600: “Tips for Sponsoring” and “The Ten Most Asked Questions”
- Unit classes available upon request

LENDING CLOSET

- Provide household items to incoming and outgoing Soldiers and families and Department of Defense civilians
- Save out of pocket expense while household goods are enroute
- Use of items for 30 days with a 30 day extension
- Open 0800-1700, Monday – Friday, ACS, room A139, building 600

SMOOTH MOVE

- Standard Installation Topic Exchange System (SITES)
- Professional relocation assistance

POC: Tony Sepulveda, 384-1515 and Kim Goff, 384-7485

Relocation Readiness Program (RRP)

NEWCOMER'S ORIENTATION

- Assist Soldiers, family members, and civilians in a smooth, economical, and enjoyable adjustment to their new duty station
- Mandatory attendance for Soldiers
- Open to all new arrivals (Soldiers, family members, and civilians)
- Highly encouraged for all spouses and employees
- First and third Wednesday and Thursday, 0900-1530, ACS
- Introduction to Army Family Team Building (AFTB), Fort Richardson and community overview, information fair, and post and community tour
- Senior Tour for eligible leaders on Friday after Newcomers Orientation
- Register with 203RD PSB Detachment In-Processing Section upon Arrival

Family Readiness Program and Mobilization and Deployment Program

MISSION

- Empower families to become more knowledgeable and self-reliant
- Promote more efficient use of community resources
- Reduce Soldier and family member stress during deployments

HOW FAMILY READINESS CAN HELP YOU

- Soldier readiness improves with family readiness
- Families connect with community
- Enhance Army leadership goals
- Resolve issues that could potentially put families at risk

HOW YOU CAN HELP FAMILY READINESS

- Take ownership of your Family Readiness Group (FRG)
- Support your FRG leader
- Encourage participation
- Connect families to available resources

POC: Karen Conrad, 384-6736 / 0113

FAMILY ADVOCACY PROGRAM (FAP)

MISSION

- Vigorous, proactive program of prevention and education programs
- Commanders' quality control agent to ensure correct identification, reporting, investigation, and treatment of child abuse, child neglect, and spouse abuse

ACS FAP provides prevention and education

MEDDAC FAP provides reporting, assessment, and treatment

COMMON AREAS OF CONCERN

- Help families who are new to the Army, marriage, and parenting to achieve the best possible quality of life
- Educate Soldiers and families to develop the best possible skills as spouses and parents
- Help families build better relationships via communication skills
- Help restore at risk and abusive relationships to a healthy status

POCs: FAPM Leona S. Rader 384-1006

Victim Advocate Janet McDermott , 384-0504

Prevention Specialist Marie Mahan, 384-7506

Family Advocacy Program (FAP)

Fort Richardson Family Advocacy Program

There is no room for violence in the Army family

Reporting point of contact: Fort Richardson Military Police 384-0823

Leona Rader/APVR-RCA-CFA/leona.rader@richardson.army.mil/DSN 317-384-1517

as of 15 July 2004

Army Community Service
Family Advocacy Program (FAP)

Risk Factors and Stressors

- Cohabitation before marriage
- Short courtship prior to marriage
- Blended family
- Lack of support system
- Lack of transportation
- Single parent
- History of mental health problems
- Pornography
- Suicide gestures and/or attempts

History of Abuse in Family

Adult molested as a child

Adult child of alcoholic parent

Isolation

Disabled family member

Divorce in family

Death in family

Drug and/or alcohol abuse

Financial problems

Army Community Service
Family Advocacy Program (FAP)

Command Responsibilities

Attend spouse and child abuse prevention education classes

- **Schedule time for Soldiers to attend prevention and education classes**
- **Report without delay all suspected and known incidents of family violence**
- **Enforce all orders for protection obtained by or on behalf of a victim**
- **Ensure the needs of the victim and family members are met; i.e., food, telephone access, transportation, and**

Army Community Service
Family Advocacy Program
(FAP)

Command Responsibilities

- Ensure victim has prior knowledge and concurs—if and when—Soldier placed under a protective order visits the family home
- Consider Case Review Committee (CRC) recommendations when taking disciplinary and administrative actions
- Notify CRC through chairperson when orders are issued
- Ensure Soldier compliance with the CRC-recommended treatment plan
- Encourage strongly civilian family member participation in treatment

Army Community Service
Family Advocacy Program
(FAP)

Domestic Violence Prevention Strategies

- **Make quality of life and value of the family central to unit management**

- **Early referral to marriage enrichment programs: Prevention Relationship Enhancement Program (PREP) and Building Strong and Ready Families (BSRF) – especially for those married less than five years**

- **Refer all new parents to New Parent Support Program's parenting classes**

- **Refer all in-processing Soldiers and family members to:**

Newcomers Orientation
Financial Counseling

Army Community Service Family Advocacy Program (FAP)

Domestic Violence Prevention Strategies

- Ensure all newcomers have a sponsor who makes them feel welcome

- Ensure the unit Family Readiness Group (FRG) is very active and openly welcomes all newcomers

- Assist the FRG leader in obtaining maximum participation in FRG meetings and use professionals presenters

- Include Soldiers and family members in all on-going, pre-deployment and post deployment briefings and schedule in advance of deployments

Family Advocacy Program (FAP)

Domestic Violence Prevention

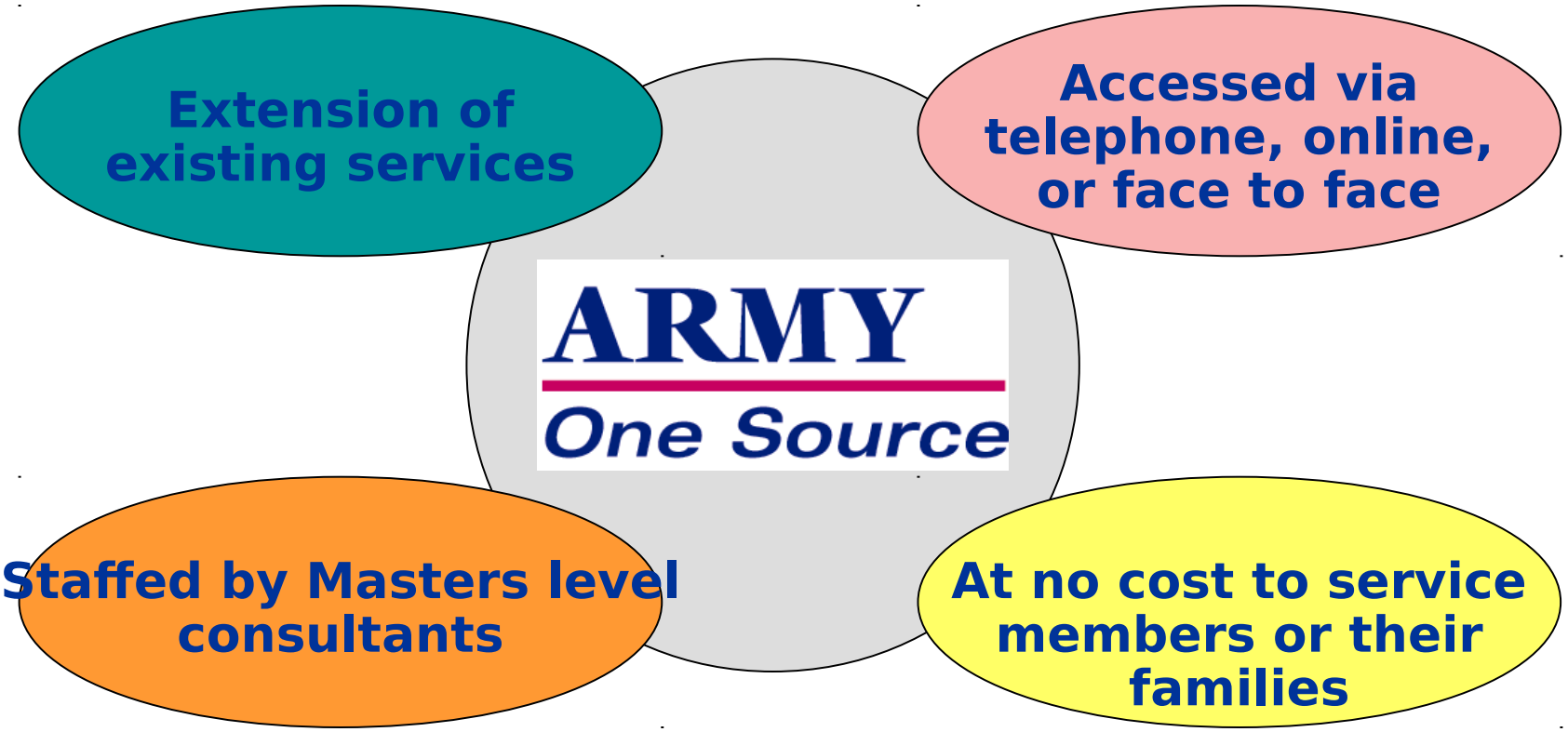
Strategies

- **Know your limitations**

- **Rely on professionals and call upon them to help as soon as a problem develops even just to brainstorm options**

- **Immediately refer family concerns to your Family Advocacy Program**

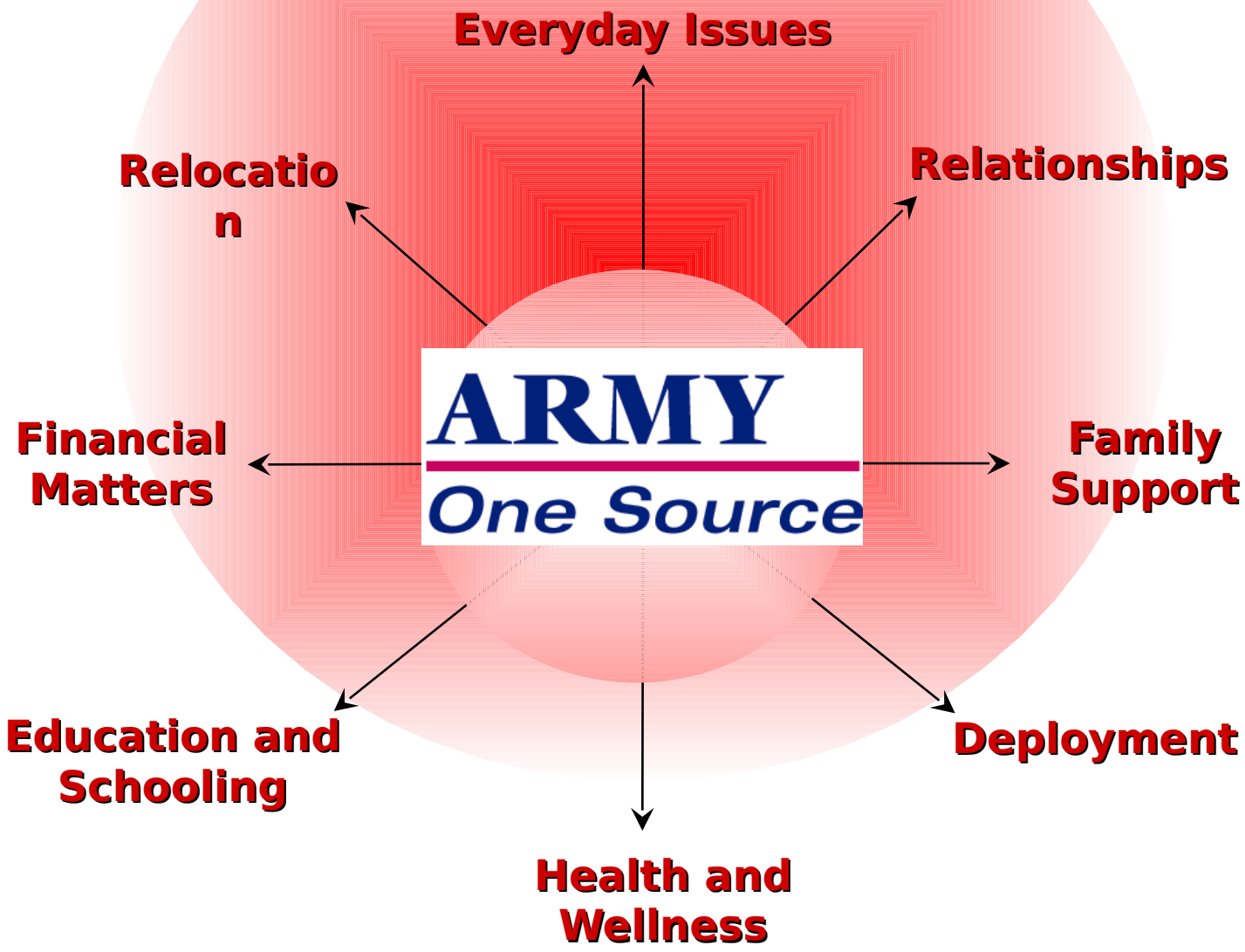
What is Army One Source?


Extension of existing services
Accessed via telephone, online, or face to face
ARMY
One Source
Staffed by Masters level consultants
At no cost to service members or their families

Counseling

- Counseling sessions in your community
- Licensed Masters level counselors
- Short term problem resolution
  - Family issues
  - Adjusting to return from deployment
  - Grief counseling
  - Marital issues
- No charge to Soldiers or family members
- Available after duty hours

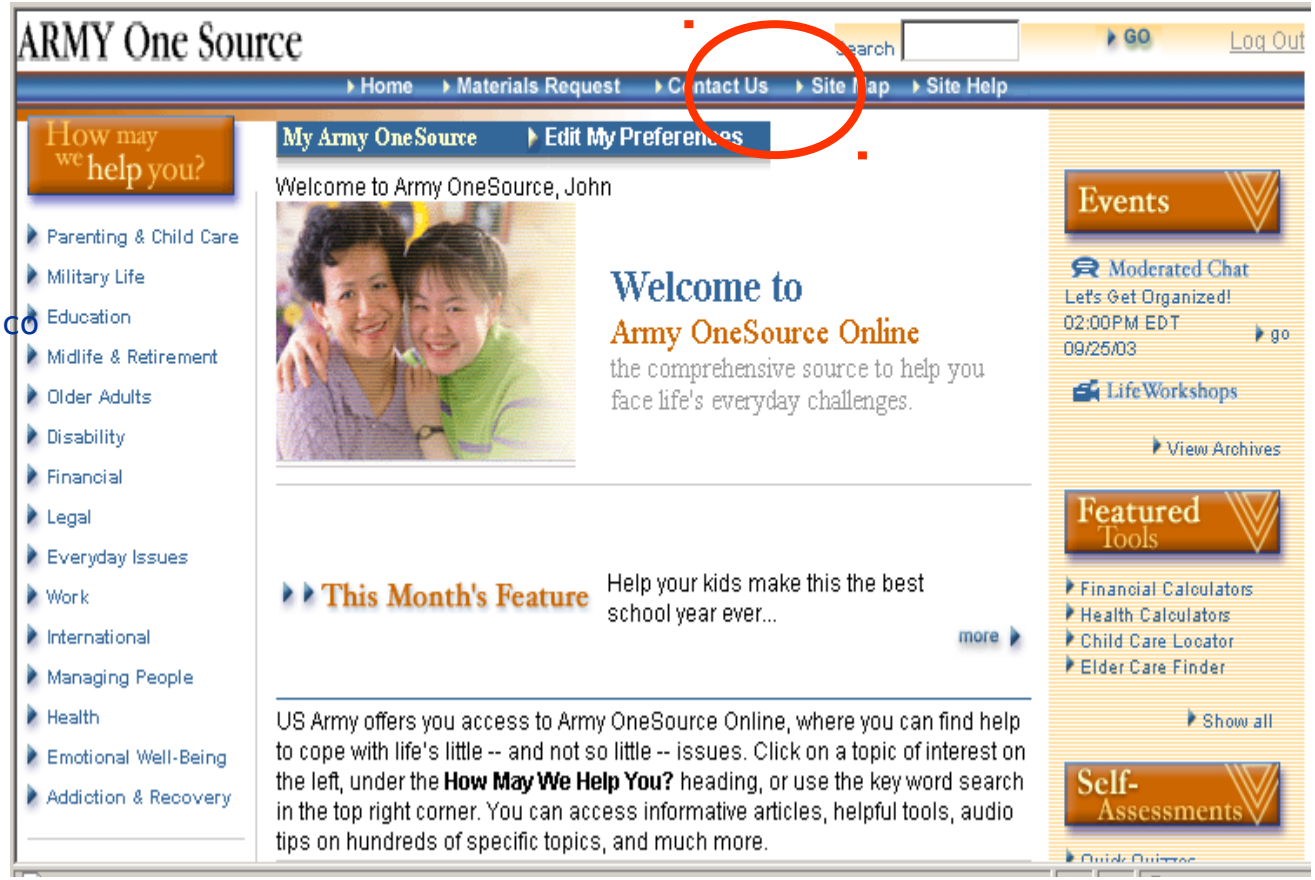
Army One Source SCOPE



Army One Source ONLINE

Online access:

- URL:
  http://www.armyonesource.com
- User id:
  Army
- Password:
  onesource



Army One Source
TELEPHONE ACCESS

- **From the United States**
  1-800-464-8107
- **From: Germany, Italy, England, and the Netherlands**

  Toll-free: 00-800-464-81077
- **From South Korea toll-free:**
  - **Callers with DACOM as their local provider must dial: 002-800-464-81077**
  - **Callers with KT as their local provider must dial: 0078-800-464-81077**
- **Callers who experience any difficulty should call their local operator and ask to make a collect call to: 484-530-5889**

- TTY/TDD
  1-800-346-9188
- En Español
  1-800-375-5971

INFORMATION RESOURCES

- **Operation Ready -- goacs.org**
- **AFTB -- aftb.org**
- **Army Family Liaison Office -- aflo.org**
- **Army Spouse network --Armyspouse.org**
- **Army One Source: From the United States 1-800-464-8107**

QUESTIONS?

FRG PRE-DEPLOYMENT READINESS TRAINING (4TH QTR)

26 JUL 04 - COMMUNITY ACTIVITIESRESOURCES
Instructors: Karen Conrad/Marv Jackson—Referral Program Managers

30 AUG 04 - EMERGENCIES, CASUALTY, MEDICAL
Instructors: CPT John Grauer, Tomahawk Chaplain
SFC Arcia-Collings—AER
Casualty Assistance-SSG Susan Cunningham
Red Cross

20 SEP 04 - SURVIVING ALASKA, WINTER AWARENESS
Instructors: Tony Sepulveda—Relocation Manager
TBD—Post Safety Office